

THE FACTS:

Every child deserves a healthy place to live. Growing children are most sensitive to hazards in the home. Since children often put things in their mouths, they can also pick up dust that can be dangerous. Household dust can contain lead, especially if there's any peeling or chipping paint in the house. Lead is a poison, and can damage the brain, kidneys, liver, and other organs. Even small amounts can cause learning problems and changes in behavior.

Some kinds of dust can also cause your child to have trouble breathing and triggers asthma attacks. Asthma is the leading serious chronic illness among children. This brochure will help you protect yourself and your family.

THE GOOD NEWS:

Lead poisoning is preventable. You can minimize lead dust that can poison your child. You can improve the air that your child breathes. By following the steps in the pamphlet, that include keeping your home dry and well ventilated, you help reduce your family's exposure to lead and other health hazards.

Children in low-income families can get free or low-cost medical check-ups, including a blood lead test. For more information on Free and Low-Cost Health Coverage call the numbers below:

Medi-Cal	1-888-747-1222
Healthy Families	1-800-880-5305
Healthy Kids	1-888-347-7855
CHDP	1-800-993-2437
Access for Infants & Mothers (AIM)	1-800-433-2611
Public/Private Partnership Program (PPP)	1-800-427-8700

OUR VISION:

Healthy, lead-free environments for children

MISSION STATEMENT:

To prevent the adverse impact of lead poisoning on the children of Los Angeles County by reducing the incidence of lead poisoning and providing a comprehensive response to support lead burdened children and their families.

Make Your Home Lead-Safe and Healthy For Children



**CHILDHOOD LEAD POISONING
PREVENTION PROGRAM**

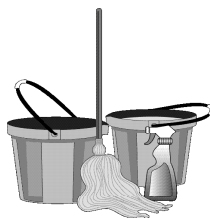
**1-800-LA-4-LEAD
(1-800-524-5323)
www.lapublichealth.org/lead**

**Easy household hints
to help prevent
lead poisoning and
asthma attacks**

Make Your Home Lead-Safe And Healthy For Children

Clean Your House:

1. Put the cleaning solution in a spray bottle and mist the area to be cleaned.
2. Rinse the mop (a twist-mop is best) or wash rag in the rinse water.
3. Squeeze the dirty water from the mop into a second bucket.
4. Change rinse water often. Pour the dirty water into the toilet.
5. Rinse out the mop and dry it in the sun between uses.



Wash children's hands and face often as well as toys and pacifiers. If you work in construction, painting, or in an industry using heavy metals, change clothes before coming home. Take a shower when you get home and wash your clothes separately.

Cover **bare dirt** where children play with grass, wood chips or cement. Use door mat and clean often.

Avoid these traditional remedies, which are usually colored powders, and other sources of lead like Samovar (teapot) and Surma (cosmetic and medicinal purposes): Alarcon, Albayalde, Azarcon, Bala Goli, Bokoor, Ceruse-Cerrusite, Coral, Ghasard, Greta, Kandu, Kohl, Liga, Maria Luisa, Pay-loo-ah, Rueda, Sattarang. Surmac (seasoning)

Protect Kids Before Repairs:

- *Move beds, cribs and play-pens away from **peeling paint**.
- ***Cover damaged paint** with cloth tape on edges where kids might chew, such as window sills and railing.
- ***Cover damaged paint** with clear contact paper until repairs can be made.

Repair Flaking Paint:

- *Wipe off small areas of **loose paint** with a damp sponge and paint over.
- ***Never dry scrape, dry sand or burn off old paint.**
- *Always mist paint when scraping to keep down dust or use a wet abrasive sponge.

Have Professionals:

- *Deal with large areas of flaking paint.
- *Repair old windows and doors.
- Never do renovation or painting while children are in a house.** Clean very well before children return.

Lead Test Kits, (which can be purchased from hardware stores), can test for surface paint in:

- ***Mini Blinds.**
- ***Imported Toys or Jewelry.**
- ***Imported or Painted Cribs.**
- ***Pottery** (particularly brightly colored).

Test Paint and Dust for Lead:

- *If the building was built before 1979, assume the paint contains lead. If this paint is flaking or peeling, assume it is a lead hazard, unless dust testing shows that there is no lead hazard.

Call 1-800-LA-4-LEAD:

- *To get more information.
- *To receive Lead Test Kits.
- *To find out how to test the paint, dust and soil at your house to see if you have a lead problem.
- *To locate qualified contractors.

Fix Moisture Problems:

Dampness causes paint to peel. Old peeling paint is the leading cause of lead poisoning. Dampness also causes mold which can lead to asthma attacks.

Repair

- *Damaged roof and broken gutters.
- *Leaking pipes.

Dry

- *Wet mops in the sun.
- *Wet or damp basements.

Discard damp, stored material.

Vent to the outside

- *Shower steam.
- *Cooking steam and grease.
- *Clothes dryer.

Drain water away from foundation.

Use Lead Free Pottery:

Test brightly-colored, imported pottery and dishware before using them with food.

Test Children:

Ask your doctor to test your children for lead between the ages of 6 months and 6 years. Children in Publicly assisted programs (See "The Good News" Section) can be tested for free. Also, most private insurance plans will cover the cost of the blood lead test.

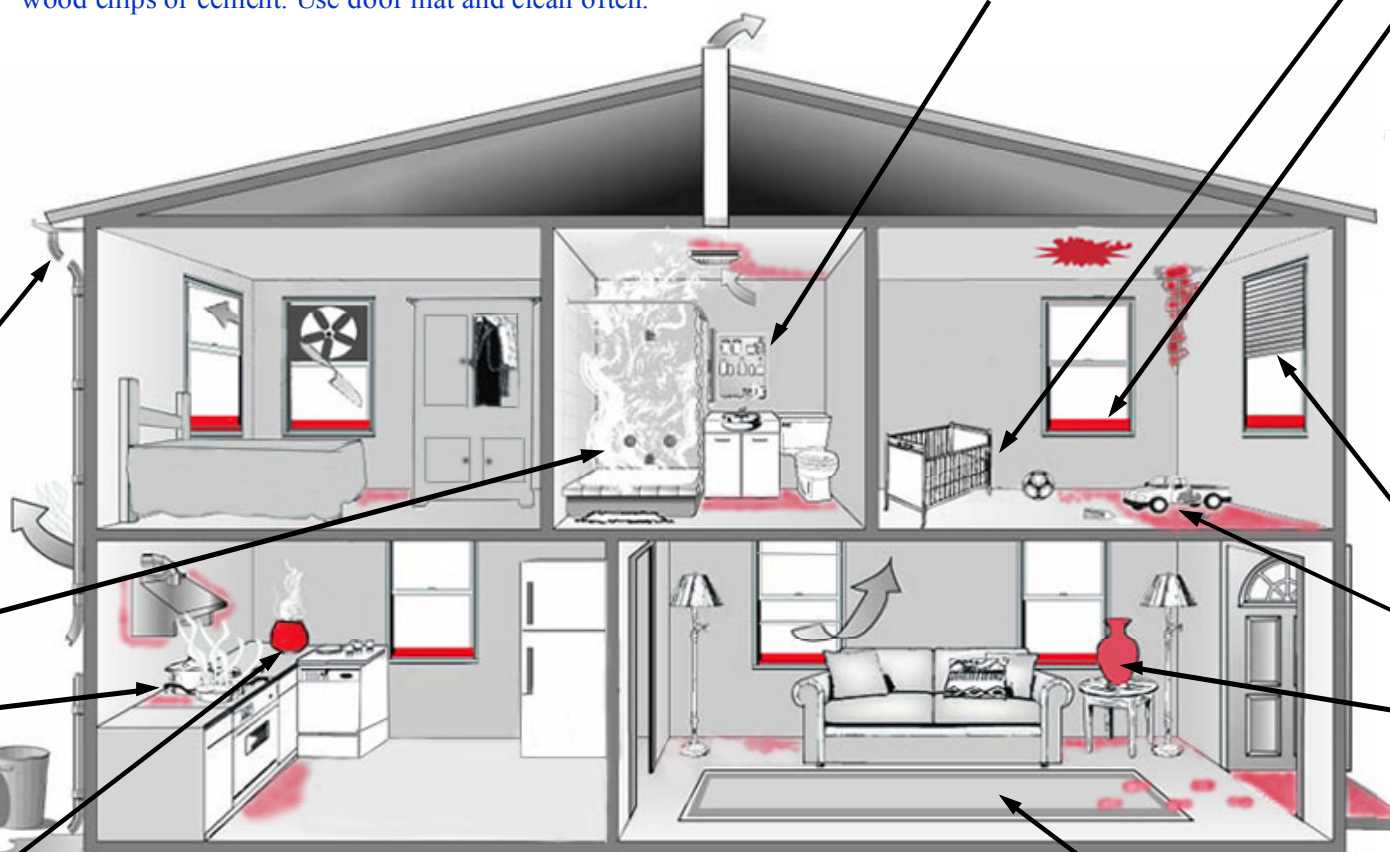
Eat Healthy Foods:

Good nutrition helps protect children from lead.

- *Iron-rich foods (fish, lean red meats, poultry, liver, beans, dark green leafy vegetables, iron-fortified cereal & whole grain/enriched bread).
- *Calcium-rich foods (milk, cheese, yogurt, calcium-fortified tofu, and tortilla).
- *Vitamin C fruits

Keep A Healthy House By:

- *Replacing wall to wall carpet with easily cleaned area rugs. (Always consult your landlord before doing renovations).
- *Keeping surfaces as clear as possible for easy cleaning.
- *Washing bedding and towels in very hot water.
- *Putting dust mite resistant covers on mattresses and pillows.



***When you see red in this house, there may be lead**